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Extreme Heat Advisory

San Bernardino County Public Health is issuing an “Extreme Heat Advisory” due to the National Weather Service’s forecast that hot weather will continue to affect much of southwestern California today through Wednesday. Temperatures are expected to reach the triple digits in the Inland Empire, mountains and deserts.

Health officials recommend several ways to manage the heat:

- Increase fluid intake, regardless of activity level. Drink water often and don’t wait until you are thirsty.
- Wear lightweight, light-colored, loose-fitting clothing.
- During peak heat hours stay in air conditioned areas. If your home does not have air conditioning, go to the shopping mall or public library, or other cool place.
- Avoid unnecessary sun exposure. If you must be in the sun, protect yourself by wearing a wide-brimmed hat along with sunglasses. Use sun block when needed.

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- Avoid hot food and heavy meals—they add heat to your body.
- Never leave infants, children, or pets in a parked car.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check on seniors or people whose immune and respiratory systems are not working properly, or who live alone. Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids. People who are ill with heart disease or high blood pressure may be affected by extreme heat.

Keep cool and use common sense. You may visit www.bt.cdc.gov/disasters for more information about heat-related illnesses.